Spiced Beet Apple Salad

Beets are making a come-back, showing up on the menus of upscale restaurants across the country. These highly nutritious roots are low in calories and good sources of potassium, trace minerals and phytochemicals. Try this combination of spices, beets and apples for a delicious side dish. If using fresh beets, be sure to wash and steam the greens. Email me and let me know how you liked it! Nancy Rogers, MS, RD, rogersn@email.arizona.edu.

Ingredients (serves 4)

- 2 Tbsp. Balsamic vinegar
- 1 Tbsp. honey
- ½ tsp. each nutmeg, allspice, and cinnamon
- 1 apple, chopped
- 1 15 oz. can sliced beets, drained and cut into bite-size pieces
- ¼ to 1/3 cup walnuts, lightly chopped and toasted
- 2 Tbsp. feta cheese

Place walnuts in a small fry pan on medium heat and stir until aromatic and slightly browned. In a large bowl combine all ingredients (except the walnuts and feta cheese) and stir well to combine. Top with walnuts and feta cheese.

Nutrient analysis per serving
Calories: 145
Protein: 3 g.
Saturated fat: .87 g.
Dietary fiber: 3.6 g.
Carbohydrate: 22 g.
Total fat: 5.7 g.
Sodium: 280 g.